



Navy dedicates building in honor of WWI veteran

By Senior Airman Jason Barebo

509th Bomb Wing Public Affairs

Although it might be one of the smallest units on base, the U.S. Navy Reserve now has a building dedicated to one of the most recognizable last names in western Missouri history.

Mobile Inshore Undersea Warfare Unit 114's headquarters was named in honor of World War I Navy veteran, Fireman 2nd Class Ike Skelton III, during a ceremony Saturday attended by several distinguished visitors, including Chief of Staff of the Air Force Gen. T. Michael Moseley.

Petty Officer Skelton was a coal-shoveling fireman aboard the USS Missouri and later served as sailor-in-charge of the ship captain's gig, according to Congressman Ike Skelton IV, eldest son of Petty Officer Skelton and keynote speaker at the event. Following his military service, Petty Officer Skelton attended undergraduate and law school at the University of Missouri, graduated with top honors and became one of the best known trial attorneys in western Missouri.

"We often name buildings for military figures who are larger than life," said Brig. Gen. Chris Miller, 509th Bomb Wing commander.

Most buildings are dedicated to those whose names are well-known to students of military history. The general said it was equally appropriate to name the building after an ordinary citizen who did extraordinary things in the greatest traditions of the nation's citizens and military members.

Congressman Skelton said he was moved by the day's events.

"I feel humbled and very grateful that as of today, this building will be officially named in honor of my father," he said.

The 29-year veteran of the U.S. House of Represen-



Photo by Staff Sgt. Felicia Haecker

Navy Lt. Cmdr. Tom Boswell, Mobile Inshore Undersea Warfare Unit 114 executive officer, Congressman Ike Skelton, of Missouri's 4th District, and Brig. Gen. Chris Miller, 509th Bomb Wing commander, unveil the new name of the Navy Reserve's MIUWU-114's headquarters building here, during a ceremony Saturday.

tatives said he was thrilled when the Navy Reserve moved to Whiteman in 2000, increasing the joint presence on the base.

"It was also a great pleasure for me to help find an anchor to place in static display outside the building so that no one would be able to miss the fact that the Navy is now a major member of Team Whiteman," he said.

Congressman Skelton added that although the name Ike Skelton III is on the side of the building, he con-

siders this more of a tribute to the generation of patriots who took up arms during the "War to End All Wars."

"So, in honor and memory of the thousands of veterans of World War I, I am filled with gratitude for naming this building for World War I Navy veteran Fireman 2nd Class Ike Skelton III," he said.

Following the ceremony, Congressman Skelton dedicated a Dogwood tree at the base lake in memory of his beloved wife, Susie Skelton.

Community assessment survey under way

The Whiteman Integrated Delivery System Working Group sponsors the 2006 Community Assessment Survey of service members and spouses.

The survey began Monday and is available for eight weeks. It's a direct pathway for Air Force members and their families to make their opinions and needs known. The results of the survey will be used by base leadership and the Air Force to target resources where they are most needed and enhance well-being.

Air Force members and spouses at bases worldwide will be randomly selected to participate in the study. Survey notification will be e-mailed or mailed to the service member or spouse selected to participate. Participation is crucial to the success of the project, and those selected are strongly urged to take part.

"The 2006 Community Assessment Survey is an important, very direct way for us to listen to Air Force families so that we can provide services to meet their needs,"

said Brig. Gen. Chris Miller, 509th Bomb Wing commander. "The survey is anonymous—so it makes it easy to share feedback on issues that affect our families every day."

Survey responses can directly influence family services and related support activities at local bases and throughout the Air Force. Results from previous Air Force Community Assessments have impacted the policies and programs that support spouses at every level of the Air Force, to include:

- Adjusting childcare and other support services to better match the needs of the community

- Expanding financial counseling programs to members and their families

- Developing a support network for single parents

- Increasing opportunities to socialize and participate in on- and off-base activities.

- Increasing spouse-to-spouse support, especially during times when service member is deployed or TDY

- Increasing job opportunities for spouses

- Marriage support seminars created for junior enlisted members and their spouses

"If you are picked to participate, please do!" General Miller said. "The feedback you give is a wonderful opportunity to improve the Air Force community for all."

If you have any questions regarding the 2006 Community Assessment, please contact your local integrated delivery system chairperson, Meladee Bay, at 687-6533. *(Courtesy of Whiteman's Integrated Delivery System Working Group)*

INSIDE

Whiteman members honor heros from the past

■ Page 4



1st Sergeants View

■ Page 9



A look inside the base pharmacy

■ Pages 12-13



Crossword

■ Page 18



Commander's Corner

SPIRIT TIMES

Whiteman Air Force Base, Mo.

Editorial Staff

Brig. Gen. Chris Miller—509th Bomb Wing commander
Maj. Joe DellaVedova—Chief, Public Affairs
2nd Lt. Candace Cutrufo—OIC, Internal Information
Staff Sgt. Rob Hazelett—NCOIC Internal Information
Airman 1st Class Jason Burton—Editor
Senior Airman Jason Barebo—Staff writer

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For more information, call the *Spirit Times* office at 687-6133, e-mail: spirit.times@whiteman.af.mil, fax us at 687-7948, or write to us at: 509th BW/PA, 509 Spirit Blvd. Ste. 111 Whiteman AFB, Mo. 65305

Air Force Quiz

What education and training program produces skilled and trained Airmen capable of maintaing a strong national defense?

9er Line

Dial 687-3119 or e-mail
9r.Line@whiteman.af.mil

Whiteman's 9er Line provides a communication channel for you to obtain information and assistance in making Whiteman a better place to live and work. Before calling the 9er Line, try to resolve your problem with the responsible base agency. If you've exhausted all the normal avenues to resolve the situation, then call Brig. Gen. Chris Miller, 509th Bomb Wing commander, at 687-3119 or e-mail 9r.Line@whiteman.af.mil.

Need a Wingman?

Confidential crisis counseling available 24/7. Call the Whiteman Help Hotline: 866-395-4357

Air Force Quiz answer
The Air Force on th-job-training program.



U.S. Air Force photo

People propel the mission

By Brig. Gen. Chris Miller
509th Bomb Wing commander

We live in an era of change, but some things **don't** change. In last week's column, I talked about the impact **people** have on **air power** ... and this week's column is a reprint of something that I wrote exactly 10 years ago for the Ellsworth Air Force Base, S.D., newspaper, when I was a bomb squadron commander there. The **only** things I've changed are the unit names, places, times and aircraft type. (*New text is in italics*)...just to fit today's details...but I stand by exactly what I wrote then and still believe it deeply now.

Between Monday morning and the time you read this, you may have noticed that ops and maintenance launched a lot of B-2 sorties this week (33 to be exact, for 150 hours)... and they did: But is that what **really** happened?

Yes and no. The 393rd and 13th Bomb Squadrons, and 509th Aircraft Maintenance Squadron crews and maintainers did the direct work to launch *this week's* superb demonstration of America's global airpower — but if you work on this base, **you** were just as necessary to making jet noise **this week** as the men and women of the *flying and maintenance* squadrons. **You** should be just as proud of those jets as the *Tigers, Reapers and Dragons* were. There's a simple reason why I hope you share that feeling of accomplishment:

When you boil it down, **air** power is **people** power. It always has been. We in the Air Force use machines to cover vast distances through air or space, but people have always been at the heart of air and space power.

The very idea of air power was born and developed by many smart people—today, our B-2 bombers are just one facet of that tremendous concept. But beyond the theory, it takes all of us at Whiteman to equip, support and fly the powerful B-2's that the Air Force has entrusted to us. If we didn't support the mission, we wouldn't be here ... it's that simple.

Let's explore what Whiteman **people** did to make those sorties happen:

Day in and day out, security *forces* guard our billions of dollars worth of aircraft *and weapons*.

The child *development* center takes care of children of maintainers and support workers whose jobs were necessary to prepare for those sorties.

The legal office helps with personal affairs so that we can concentrate on our jobs when the time comes—and helps commanders maintain the discipline that makes us capable of wartime operations. Medical group people keep our aviators, maintainers, Whiteman team and their families as healthy as they can be kept.

The *logistics readiness squadron* procures, stores, delivers and recycles the little and big parts necessary to keep the fleet healthy, and the personal equipment and supplies everyone on Whiteman needs to accomplish their jobs.

Communication squadron people help buy computers the crews use for planning the missions, and provide the radios maintainers use to get fuel, equipment and parts to the right jet at the right time to prepare it to fly.

Civil engineer people provide fire coverage for flying operations, sweep the runways and taxiways to prevent foreign object damage to our expensive engines, and provide electrical energy to the docks where we prepare the jets to fly.

In direct preparation for *this week's* flying, the maintenance squadron inspected and repaired specialized parts of *every jet that flew*.

Fuels specialists provided more than *two million* pounds of jet fuel, and munitions people could have loaded more than 600,000 pounds of bombs on those aircraft.

Command post people provided a communication link that kept crews and flight-line supervisors informed and able to make the right operational decisions.

This week, the in-flight kitchen made 50-plus meals, while *Ozark* Inn workers fed the men and women who live on base who work the jets.

Our radar approach control and tower helped plan and then handled the departures and arrivals.

Base operations filed flight plans and ensured crews had data on the other bases they were going to visit during their six-

hour sorties. Weather people ensured crews knew the hazards and planning factors required for safe flight.

The transportation squadron provided on-time buses so crews could pick up *mission materials*, vital aircrew life support gear and get to their jets on schedule.

Crew chiefs and specialists helped the crews start engines and taxi, then—as it always is—the crew members were on their own to make the mission happen successfully with the wonderful machine **all** of Whiteman gave them.

Those aren't the only people who helped launch those airplanes. Most important of all, our families—whether husband, wife, children, parents—helped by letting all of us work effectively over the long haul.

No one is an island; we all need support and encouragement and understanding, and our families are called on over and over to provide those things to us as we support, prepare and fly the sorties that are our mission. Their work and love was reflected in those airplanes, too.

Of course, I'm as proud as I can be of the Whiteman people I work with day to day ... their technical skills, tactical capabilities and dedication are outstanding—beyond words.

The work they do is essential, and it's the *most* closely connected with "Global Power for America." But the "tip of the spear" is only effective if there is a spear behind it. **Each and every member of the Whiteman team is essential to our airpower!**

You can see from the list above (which I know is incomplete!) just how much it takes to make airpower happen ... it takes people ... working hard, working together, sharing a common goal.

When B-2s fly at Whiteman Air Force Base, they're not "my" *wing*, or "ops group" jets...they're **your** jets! **Our** goal should be to keep doing it right, safely and well, and to be ready when called.

Keep your eye on the ball—realize your contribution is necessary—take pride when you hear jet noise, no matter what your specialty—keep that airpower flying!

Newsline

Easter bunny to visit BX

The Easter bunny will visit the base exchange 1-1:30 p.m. Sunday.

There will also be an Easter egg hunt. The activity will be separated into two age groups, 6 months-4 year olds, and 5-8 year olds.

Yard waste pick-up

People living in military family housing are required to bag yard waste in brown bags and keep separate from refuse and recyclables.

Yard waste is scheduled to be picked up on the same day as refuse and recyclables pick-up. Brown bags are available at the self-help store, Bldg. 140.

Call 687-4173 for more information. Yard waste and refuse will not be picked up if mixed.

CMSU offers free baseball tickets

Central Missouri State University offers free tickets to military ID cardholders and their family members for the CMSU vs. Missouri Western doubleheader April 22.

The first game begins at 1 p.m. with the second game to follow at the James R. Crane Stadium/Robert N. Tompkins CMSU baseball field.

Tickets are available in the public affairs office, Suite 111, 509th Bomb Wing Headquarters building.

For more details, call public affairs at 687-6123.

CES cookbook presale

The 509th Civil Engineer Squadron Booster Club will presell a CES cookbook from 10 a.m. to 4 p.m. today at the base exchange.

Preorders for the cookbook will be \$12 per book. The book contains 500 of the finest recipes from Team Whiteman.

For more information, contact Pat Martinez at 687-2017 or Barb Kerber at 687-6828.

Water tower repairs begin this month

Work is scheduled to begin Monday on the Knob Noster elevated water storage tank on base. The 509th Civil Engineer Squadron awarded a contract for repairs, cleaning and disinfecting in an effort to continue to provide base consumers with outstanding water quality.

The work is scheduled to continue for up to eight weeks and base consumers are encouraged to conserve water during this time by not watering lawns and washing vehicles sparingly. Though water quality will remain the same, consumers may notice a slight decrease in water pressure.

Please contact the water treatment plant at 687-1984 with questions or concerns.

Death announcement

Brig. Gen. Chris Miller, 509th Bomb Wing commander, regretfully announces the death of Tech. Sgt. John A. White, 509th Logistics Readiness Squadron.

Anyone having claims against or indebtedness to Sergeant White's estate should call 1st Lt. Howard Fullmer, 509th LRS summary court officer, at 687-4038.

Tech. Sgt. John White, was discovered dead April 3. The cause of death is still under investigation.

Sergeant White, who was a vehicle and vehicular equipment mechanic, was assigned to the vehicle management flight.

"Sergeant White was a hard worker dedicated to the mission," said Master Sgt. Scott James 509th LRS. "He was always willing to help anybody with anything at a moment's notice no matter what time of day or night. He will be missed by all."

Time for a spot of fuel

Courtesy photo

A B-2 is refueled in front of a B-2 hangar at RAF Fairford, United Kingdom, during a global power mission, Coronet Dragon, March 22. Climate-controlled permanent hangars specifically designed for the B-2 were recently built at RAF Fairford to allow specialized low-observable-surface maintenance to be performed. This marked the first time the B-2 was sheltered at the base.

Air Force implements BRAC decisions

By Master Sgt. Mitch Gettle

Air Force Print News

WASHINGTON—This Base Realignment and Closure Commission affects the Air Force like no other, given the war on terrorism, the Quadrennial Defense Review, Air Force transformation and force structure changes, said William C. Anderson.

The assistant secretary of the Air Force for installations, environment and logistics explained the Air Force BRAC implementation procedures to the House Appropriations subcommittee on military quality of life and veterans affairs April 6.

"Given these many external influences, and as good stewards of taxpayer dollars, we can no longer look at BRAC implementation as an isolated activity," he said. "We must, rather, orchestrate BRAC implementation activities in concert with the new Air Force mission bed-downs, legacy weapon system and force drawdowns, and future emerging missions."

As the Air Force assesses how actions impact BRAC, it will continue to adjust the requirements needed to meet the approved BRAC recommendations,

Mr. Anderson said.

The Air Force formed a BRAC program management office Oct. 1 as a focal point to direct implementation activities. The Air Force started developing its implementation schedule and is working closely with the Air National Guard and Air Force Reserve to refine the schedule, Mr. Anderson said.

The Department of Defense must initiate all closures and realignments within two years of the date the president approved the BRAC recommendations -- Sept. 15, 2005. The DOD must complete all closures and realignments within six years of the date.

The Air Force faces new challenges with this BRAC round. The transformational nature of some recommendations and the level of joint activities and operations formed under this BRAC pose new implementation issues, he said.

One example of transformational joint activity is the concept of joint basing. This concept requires some adjoining DOD installations or installations in close proximity to share infrastructure support and management activities. Of the 12 recommended joint bases, 10 involve Air Force installations, with the Air Force designated as the

lead service for six.

The DOD is developing policy to implement the joint base concept by Oct. 1, 2007.

"To implement these joint recommendations, and to best realize its full intent and operational payoff, we are working hand in hand with our sister services, affected agencies and the office of the secretary of defense," Mr. Anderson said.

Another challenge for the Air Force is BRAC's recommendation on Cannon Air Force Base, N.M. The BRAC recommendation calls for the establishment of an enclave following the transfer of the current flying mission. That enclave is to remain open until Dec. 31, 2009, while DOD looks for a new mission for Cannon. If a new mission is not found by that date, the base will close.

The intent of the Air Force is to explore all options for a mission for Cannon as soon as possible, said Mr. Anderson.

"The Air Force has aggressively pursued the commission's direction to seek potential re-use, and expects to provide the secretary of defense with its findings and recommendations this summer," he said.

'Virtual Commissary' expands product selection

FORT LEE, Va.

(AFP) —The future is now at the Defense Commissary Agency. It's not the "final frontier" by a long shot, but DeCA's Virtual Commissary has been expanded to include 37 new item selections, including snack packs and special occasion baskets. This brings the total number of gift baskets on Virtual Commissary to 44 with more on the way.

"We began Virtual Commissary just before the holidays with seven gift baskets," said Patrick Nixon, chief executive officer and acting director of DeCA. "The customer reception was promising and now we're pleased to offer many more items, all at great prices."

Authorized commissary shoppers in the United States and military shoppers overseas can check it out at <http://www.commissaries.com>. Customers can check for availability of delivery to APO and FPO addresses as well as more information on what's in the gift baskets by clicking on the image.

To access the extended commissary, shoppers must pass through a secure portal under the shopping link at the Web site. Access is dependent on whether the customer is entered in the Defense Enrollment Eligibility Reporting System, known as DEERS.

Civilians stationed overseas who are authorized to shop at commissaries may not be able to access Virtual

Commissary until program changes are made by the Defense Manpower Data Center, DeCA officials said. Those upgrades are targeted for completion this year.

Virtual Commissary customers can make selections and fill in their payment and shipping information in one secure step. They are then transferred to the manufacturer's site where they can get total cost for the product (including shipping) and finalize their purchase.

Items offered on Virtual Commissary are well below average retail prices found at other online services. Charges will vary depending on the item size or weight, method of shipping, location and speed of delivery. Payment can be made with any credit card accepted in real commissaries. Customer information is not archived by DeCA.

Eventually, Virtual Commissary will offer more gift items. Long-range plans include online shopping for hundreds of items routinely found in commissaries.

That should be helpful for deployed service members, military retirees and Guard and Reserve families living far from installations.

The Defense Commissary Agency operates a worldwide chain of commissaries providing groceries to military personnel, retirees and their families.

Authorized patrons purchase items at cost plus a 5-percent surcharge, which covers the costs of building new commissaries and modernizing existing ones.

Shoppers save an average of 30 percent or more on their purchases compared to commercial prices—savings worth about \$2,700 annually for a family of four.

The eternal march

Whiteman troops go extra mile in Bataan memorial

By Staff Sgt. Rob Hazelett
509th Bomb Wing Public Affairs

A marathon in the desert. Six to eight hours of running or walking in desert camouflaged uniforms and combat boots over a course nearly a mile high in elevation. All in the name of honor.

Six members of the 509th Civil Engineer Squadron participated March 26 in the 17th Annual Bataan Memorial Death March. The members traversed the rugged terrain at White Sands Missile Range near Las Cruces, N.M.

The troops finished the 26.2-mile course to pay homage to tens of thousands American and Filipino World War II heroes who were subjected to war crimes by Japanese forces at Bataan, a province of the Philippines, April 10, 1942.

A few Bataan survivors attend the marathon each year to motivate and cheer on competitors at the start of the march.

"Before the race began, we shook the hands of the surviving Bataan veterans," said

1st Lt. Allen Branco, 509th CES readiness flight commander. "As I shook one veteran's hand, he looked up and said, 'You honor us today.'"

"That's what the event was all about -- to honor our brothers-in-arms for what they endured at Bataan in 1942," he added.

The march gave each troop something to remember.

"I won't forget the kids that finished the march -- there were kids out there that must have been under 10 years of age," said Staff Sgt. Alejandro Rodriguez 509th CES explosive ordnance disposal operations.

"I thought it was great to see some youth out there honoring the veterans, letting them know that their sacrifices will be remembered."

Time, however, continues to take its toll on the survivors.

"At opening ceremonies, they did a roll call for the surviving Bataan members present at the event and those that have passed away since last year's event. Only three soldiers said, 'here,'" said Capt. William Frost, 509th CES EOD flight commander, who along with Sergeant Rodriguez, participated in the 2004 U.S. Air Force Marathon.

The course also allowed each participant to draw on motivation from different sources.



Courtesy photo
Airman 1st Class Jason Ostberg and 1st Lt. Allen Branco, along with four other members of the 509th Civil Engineer Squadron, participated in a Bataan Memorial Death March marathon March 26.

"What drove me was when I saw a group of three soldiers, said Airman 1st Class Jason Ostberg, 509th CES EOD. "Two were missing arms, a third was missing half of his left leg, which was prosthetic and the right calf was missing."

"That really made me realize how much heart and dedication they had," he added. "So I pressed on with even more poise than before, and finished proudly."

Senior Airman James Faria, 509th CES readiness flight, found his will to march on by drawing from survivors of the current war.

"Seeing the team of Operations Iraqi Freedom and Enduring Freedom veterans, who were amputees, really put things into perspective and made it a lot easier mentally regardless of how we felt physically at that point," he said.

The inhumane treatment of Bataan POWs, who took one week to reach their destination,

has endured for more than 64 years. The soldiers who were originally forced to take part in the Bataan journey were randomly beaten, bayoneted when they fell or died from malnutrition.

Today, they are revered in a marathon march by many willing to emulate the same sacrifice of mind and body.

"It was special for all of us to be part of this event," said Captain Frost. "We were all happy to finish as this was a very tough event both physically and mentally."

"The two of us who had competed in a previous marathon both said that it was so much more challenging than a marathon due to the conditions," he added. "The terrain, the boots, the sand; they were all adding to the pain."

Tech. Sgt. Randal Halstead, 509th CES operations flight, also competed in the march.

Wings Over Whiteman

For more information on this free event, visit www.whiteman.af.mil



WOW Whiteman AFB MO
June 17-18 2006



Six common mistakes parents make

As parents, we all try to do what is right when rearing our children.

However, every child is different and discipline is a challenging part of parenting.

We're all looking for quick and easy ways to rear our children. If there was one way to discipline, there would only be one book, one class and one article to read.

Of course, there is no one set way to modify your child's behavior because children are different and situations vary.

However, there are guidelines for all children. Here is a list of common mistakes parents make when dealing with discipline.

■ **Inconsistency:** You say no when asked at first and then, after your child begs, you give in. If you meant "NO" at the beginning, stick with it.

Children need to have a consistent message sent to them. It's equally important to follow through. If a child knows they are not to have candy after 8 p.m., no matter how much pouting, tears, pleas, or demands, there should be no candy after 8 p.m.

■ **Warnings with no follow through:** You might tell your child, "If you don't clear the table and wash the dishes you cannot go to the movie." But, when your child

doesn't do these tasks, you let him go anyway.

This teaches your child that they don't have to be responsible to have the privilege of going to the movie.

■ **Lack of patience and planning:** Children require your patience. Children seem to misbehave most when you are in a hurry and lack patience.

Your children need help and attention, whether you have the time or not. So, plan ahead, keep yourself organized and remember that some children dawdle more than others; plan on it. Your child's time clock is very different than your schedule.

■ **Punish in anger:** Often, we punish rather than discipline because we are angry. Remember, punishment doesn't teach or guide, discipline does.

Let the discipline match the misbehavior. For example, if your preschooler doesn't pick up his toys, he cannot play with those toys for two days.

■ **Too negative and critical:** Instead of "Why can't you ever get that right?" try "Let's work together." Use positive words and praise when your children do well. Avoid criticism without a solution.

■ **Parent's behavior is part of the problem...or, the whole problem:** Your children will live what they see. How is your behavior? Are you organized? Do you have

Child abuse statistics

■ **An estimated 906,000 children are victims of abuse and neglect every year. The rate of victimization is 12.3 children per 1,000 children.**

■ **Children newborn through age three are the most likely to experience abuse. They are victimized at a rate of 16.4 per 1,000.**

■ **1,500 children die every year from child abuse and neglect. That's more than four fatalities every day.**

■ **79 percent of children killed are younger than 4 years old.**

patience? Do you follow through with what you say and do? Are you responsible, getting things done on time?

Consider your life and your behavior. Do you behave the way you'd like your children to behave?

(Submitted by the Whiteman Family Advocacy Program staff in support of Child Abuse Prevention Month.)

1st Sergeant's View

SARC training

Not an old program with a new name

By Master Sgt. Mark Cherry

509th Communication Squadron first sergeant

As the deadline for my article rapidly approached, I remembered April is Sexual Assault Awareness Month.

So, since I recently completed 40 hours of victim advocacy training, I decided to share with you how I got to the point of attending the training, what I learned and how it changed my views.

I first heard about the program from an e-mail informing me that all first sergeants and commanders had to attend the "new" mandatory sexual assault training.

We commonly refer to it as "SARC training," but it's actually SAPRP (Sexual Assault Prevention and Response Program training).

No sooner than I opened up the e-mail, I heard the familiar, "SHIRT, What is this SARC thing we have to attend?" My response was, "Sir, it's probably just a new name for the old program."

How wrong I was. My commander and I attended the sexual assault response coordinator training taught by Ann Beem. Our training was much like the first mandatory briefing the base populace had to attend last.

After the initial briefing, I started to look at the program and how it affected me as a first sergeant.

In doing so I realized I've had a lot of experience in dealing with these types of issues throughout my career in law enforcement and as a first sergeant, but never from the point of being directly involved with helping a victim for an extended period of time.

Most of my experience has been either

initial response to or while investigating the incident. A few months later I received an e-mail from Ms. Beem, requesting I advertise for volunteers to be victim advocates.

After reading the information and sending the e-mail to the unit, I decided to fill out the application. I received my commander's approval and provided information for a background check.

Shortly thereafter, Ms. Beem informed me I was to attend the next class in February of this year.

While we were talking, she had a big smile on her face as she was telling me how glad she was to have me on board. Something about that smile worried me and I was trying to figure out what I had gotten myself into.

So, still wondering about that smile and what I was in for, I showed up to my first day of class. I was a little apprehensive, especially when I entered the classroom and saw that most of the students were female.

I think this was the reason for Ms. Beem's smile. As we introduced ourselves, I discovered the diversity of our class. Attendees were active-duty military, college students and civilians who work on base, in the local communities, and in the sexual-abuse arena. This was when I started to learn about things that would change my ideas.

As the course progressed, our group began to feel comfortable with each other, and we started to share experiences. Some of the stories came from the course material which jogged memories and life experiences started to flow.

I quickly realized how little I knew about the subject. I learned how much more goes

on after an assault, and the long term effects it has on its victims. I've only dealt with what I now know is just the beginning.

I don't want to cram your head full of statistics, but here are just a few facts that opened my eyes. I knew a large amount of sexual assaults are not reported, but was surprised to learn that only 18 percent are reported.

Imagine the assault was perpetrated by someone you know – 76 percent of the victims know their assailants. With that in mind, consider 58 percent of victims expect to die during the assault. Then, to top things off, rape prosecution can take up to one year. These facts alone opened my eyes and caused me to re-evaluate my preconceptions.

Remember my comment to my commander? "Sir, it's probably just a new name for the old program." I was wrong. I learned a lot and it changed my views in regards to restricted and unrestricted reporting.

To clarify, unrestricted reporting means that the victim gets medical care, advocacy and counseling without initiating a criminal investigation; and restricted reporting is the same except that an investigation is initiated.

For a long time I was against these policies because I couldn't get past the idea of the offender getting away with such a crime. However, after attending the new training, I came to realize that the most important component is to ensure a victim receives help and not solely to catch the perpetrator.

Since completing victim advocacy training, I've had time to look at this some more.

I started to think about other programs the Air Force has in place to prevent someone from becoming a sexual-abuse victim.

The first program to come to mind is the Wingman program. Looking after each other when going out decreases the odds of being victimized in many different ways.

Other programs like 0013 and Airman against Drunk Driving, if used properly, will also help decrease the odds of becoming a victim where alcohol could be a factor. Approximately 72 percent of rapes in college-type environments occur when victims are too intoxicated to give consent.

I now see that SAPRP is not just another name for the same old program. Attending the training helped me to understand the importance of the tools provided to help victims of sexual assault.

I'm glad I volunteered and completed victim advocacy training, but I hope I never have to use these new skills. Take the time to evaluate your environment and develop a plan to prevent yourself from becoming a victim.

Use the wingman and 0013 concepts to your advantage and keep the AADD contact information handy. You can also A.C.T. to help decrease the chances of becoming a victim; Assess the situation, Consider your options, and Take action, to minimize your risk.

Developing a plan will greatly reduce your chances of being the next victim calling 687-SARC.

In closing, as you see reminders around the base about Sexual Assault Awareness Month, I encourage you to spend some time thinking about the prevention tools/programs available for you to plan activities, like your evening out or how to get to your car from the mall, to prevent yourself from becoming a victim.

Reservists' health care bridge to civilian life

By Mark Jecker

TriWest Healthcare Alliance

For many National Guard and Reserve service0members leaving active duty, TRICARE offers a health care bridge to civilian life.

Reserve Component members and their families may be covered for 180 days of TRICARE health care benefits under the Transitional Assistance Management Program, called TAMP.

TAMP coverage begins on the separation date and provides TRICARE Standard, TRICARE Extra or TRICARE Prime health care coverage.

To qualify for TAMP benefits, Reserve Component members must be:

- involuntarily separating from active duty under honorable conditions;

- separating from an active duty period of more than 30 days in support of a contingency operation;

- separating from active duty following involuntary retention (stop-loss) in support of a contingency operation; or

- separating from active duty following a voluntary agreement to stay on active duty for less than one year in support of a contingency operation.

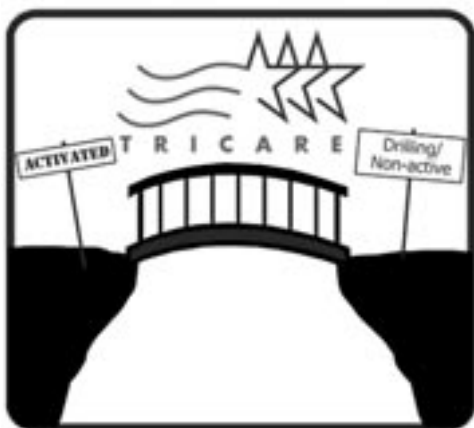
Each service branch determines eligibility for these transitional benefits. If separating from active duty, contact the nearest service personnel office to verify eligibility

Coverage and location

Those living in TRICARE Prime service areas may choose the Prime option. Enrollments received by the 20th of the month will be effective at the start of the following month.

Remember that an initial enrollment may not be retroactive to the service separation date.

To maintain existing TRICARE Prime coverage, complete and submit a new Prime enrollment form before separation. There is no cost for enrollment during



this period.

The benefit remains the same as for active duty family members with minimal out of pocket costs.

Those living outside Prime service areas may use TRICARE Standard and TRICARE Extra during the TAMP period and are only responsible for co-payments — 20 percent for TRICARE Standard and 15 percent for TRICARE extra.

Details of all three options are provided at www.triwest.com and www.tricare.osd.mil.

Temporary Dental Coverage

Former active duty and Reserve Component members eligible for transitional benefits may receive dental care at military dental treatment facilities on a space-available basis. Family members are not eligible for dental care at these facilities.

Civilian dental care is not covered for sponsors or family members under TAMP, but certain Reserve Component members and their families may receive dental care by enrolling in the TRICARE Dental Program (TDP).

Contact the TDP administrator, United Concordia Companies Inc. at (800) 866-8499 or at www.ucci.com for more information.

‘Scouting’ history



Photo by Lt. Col. Lindsey Borg

Cub Scouts from Whiteman's Pack 405 check out a dinosaur bone during an overnight stay at Science City in Kansas City's Union Station April 7. The Science City paleontologist showed the Scouts the way he reconstructs dinosaur bones from fragments found during digs. For more information about Cub Scouts, call Sarah Roy at 660-233-3162.

Filling the need

Small base pharmacy meets large demand

Right: Maj. Michael Lee, 509th Medical Support Squadron senior pharmacist, performs a quality check on a prescription before dispensing it to a patient. Major Lee and Capt. Chris Seaman, 509th MDSS clinical pharmacist, are the only pharmacists on base.



Airmen 1st Class Katie Thompson, 509th MDSS pharmacy technician, replenishes medicine in the Pharmassist, an electronic device that automatically distributes correct quantities of medicine chosen by a pharmacy technician. This device holds 250 of the most commonly filled prescriptions and has increased medicine dispense accuracy to 99.9 percent.



Joe Bissen, 509th MDSS pharmacy technician, checks the ID of a customer. On average, the 509th Medical Group Pharmacy serves nearly 4,600 customers each month.



Tech. Sgt. Todd Hults, 509th MDSS NCO in charge of the pharmacy, inspects the contents of a weapons of mass destruction emergency-response bag. These emergency bags are designed to be quickly accessible in the event of a WMD attack on base. Each bag has enough medicine and supplies to treat around 300 people.



Senior Airman Vera Camuso, 509th MDSS pharmacy technician, performs a pill count for a customer's prescription. Each prescription filled at the base pharmacy is checked by three different pharmacy technicians for accuracy. The 509th MDSS pharmacy has seven military and two civilian pharmacy technicians, two military pharmacists and three Red Cross Volunteers. The pharmacy fills nearly 11,500 prescriptions a month, worth approximately \$300,000. For more information, visit www.whiteman.af.mil/509mdg/home.htm

Photos by Airmen 1st Class Jason Burton



Photo by Staff Sgt. Rob Hazelett

Read'em and *Weep*

Jace Funkhouser, Glen Sasek and Keith Briles play Texas Hold'Em during a tournament held at Mission's End Tuesday. The card game, which has enjoyed huge success of late, draws hundreds of players who compete in the tournaments vying to win gift certificates from local retailers, said Jeff Adams, Mission's End manager. There will be two more sessions of Texas Hold'Em played at the club April 25. Participants are invited to sign up for one or both sessions by April 24.

Team Whiteman Community

Easter services

There will be several Easter services at the base chapel. They are:

Catholic

Today— A Veneration of Cross Mass at 7 p.m.

Saturday— Easter Vigil Mass at 8 p.m. There will not be a 5 p.m. mass.

Sunday— Easter Mass at 9 a.m.

Protestant

Saturday— There will be an egg hunt at the base lake at 11 a.m.

Sunday— The sunrise service will be held at 6:30 a.m. There will be a free continental breakfast afterward.

■ The Easter service will begin at 11 a.m.

■ The gospel service will begin at 1 p.m. and an Easter play will be performed during the service.

Palace Chase briefing set

A Palace Chase briefing is set for 10 a.m. April 25 at the deployment

center, room 110.

For more information, call Tech. Sgt. Jerry Hancock at 687-4017.

Become a thespian

Auditions for The Old Schoolhouse Players presentation of “My Fair Lady” are scheduled for 6– 9 p.m. April 21, 1– 6 p.m. April 23 and 9 a.m. – noon and 1:30– 5:30 p.m. April 29. Auditions will be at the Concordia Community Center, located at the corner of 8th Street and Gordon.

Playbooks are available for viewing at the Concordia, Higginsville and Sweet Springs libraries for familiarization with the musical.

For more information, call Lavona Larimore at (660) 463-2402.

Family Support

Call 687-7132 for more details on these family support center activities.

Volunteer reception set

Whiteman volunteers and their families are invited to attend a reception at 5:30 p.m. Tuesday at the community activities center. Please R.S.V.P. to the family support center by close of business today.

Runner’s clinic offered by HAWC

The health and wellness center will host a runner’s clinic at the base theater 9:30– 10:30 a.m. April 21. Participants will learn techniques and strategies to become better runners, selecting proper shoes, avoiding injury and running safely. For registration and information, contact the HAWC at 687-7662 or the fitness center at 687-5496.



Pre-separation briefing set

A pre-separation briefing for people separating from the military begins at 8 a.m. Monday.

Representatives from the military personnel flight, family support center, Reserves and finance will provide information.

The MPF separations and retirements office schedules members for this briefing.

For more information, call them at 687-1500 or 687-6720.

WIC representative visits base

A WIC representative is available beginning at 8:30 a.m. Tuesday and Thursday.

WIC includes nutrition education, health promotion and a supplemental food

program to help women, infants and children who have nutritional needs.

For more details, call the WIC office in Warrensburg at 747-2012.

Pre-deployment briefing set

A mandatory pre-deployment briefing for people who are deploying or going on a temporary duty assignment for more than 30 days begins at 1 p.m. Wednesday.

This briefing covers information about preparing for deployment and programs available to family members who are left behind. Spouses are encouraged to attend.

Interview class set

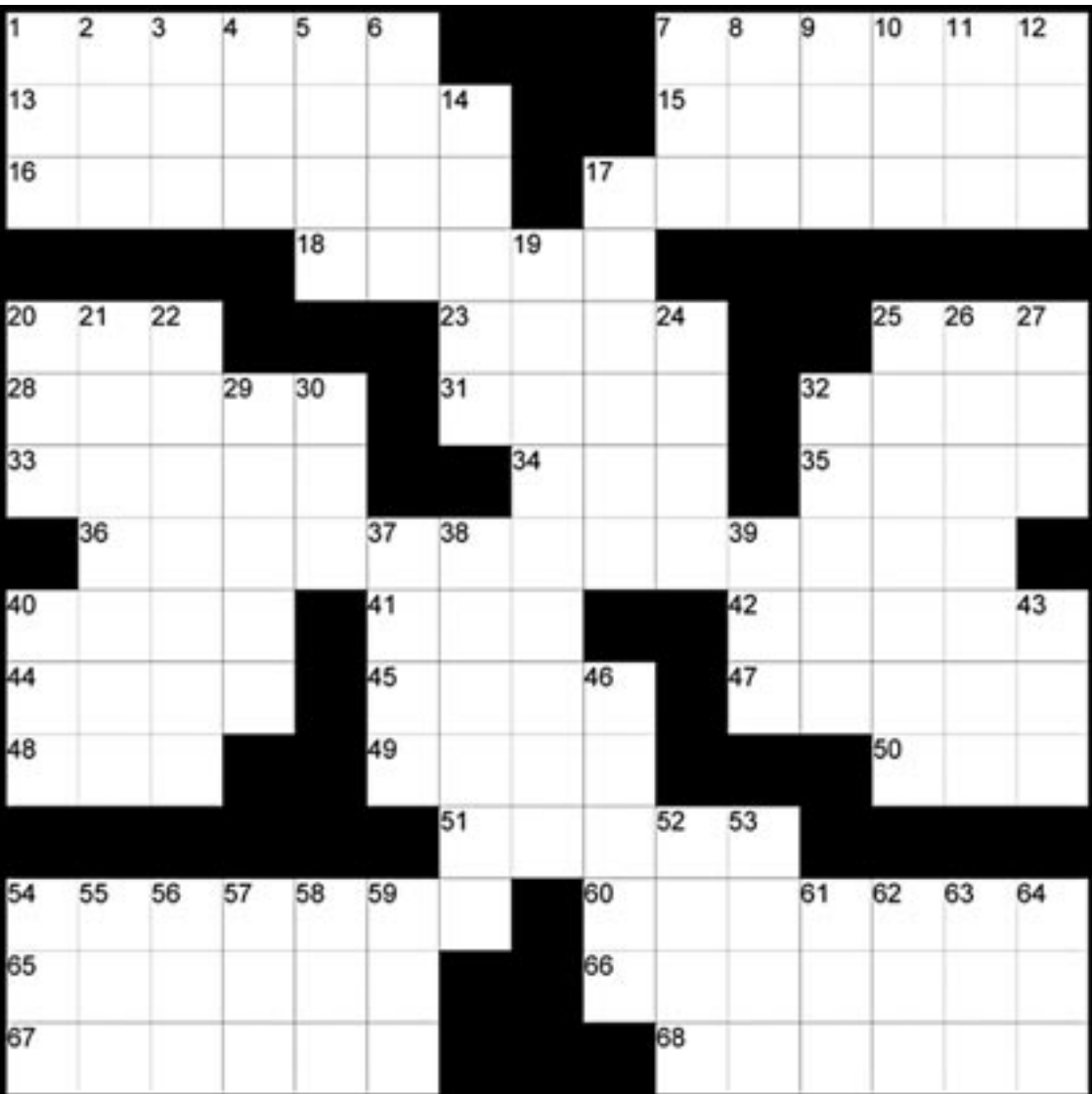
Learn the basics of effective interviewing, 6 p.m. Wednesday. This class is designed for spouses, retirees and family members. Reservations are required.

Thunderbirds showline

By Capt. Tony Wickman
71st Flying Training Wing Public Affairs

ACROSS

- Traps
- Photographer’s establishment
- Georgia town
- 1974 Thunderbird planes (T-38s)
- 1969 Thunderbird plane (F-4s)
- Galaxies
- Petiole
- ___ _ loss for words
- Foster film
- 1st Thunderbird plane; F-84G Thunder___ (1953)
- Thunderbird formation
- Norway capital
- Indolent
- Trove
- Bad USAF PIF item
- ___ out a living
- 1955 Thunderbird plane (F-84F)
- Ancient Semitic god
- Hearing tool
- Perfume iris
- Opera highlight
- Mil. field meals
- Acetate
- Vesicle
- Ancient Peruvian
- Boxing legend
- Bagatelle
- Squirreled away
- Thunderbird formation
- 1983 Thunderbird plane (F-16A Fighting ___)
- Covered by GEIKO
- Computer inputing
- Road



DOWN

- Drain
- Utmost degree
- Pie ___ mode
- Jogged
- Tolkien tree shepherds
- Halt
- Sault ___ Marie
- Bar bill
- Alaska Native knife
- DoD counterpart



April 7 solutions

- ___ jiff
- CIA precursor
- Body acid
- Thunderbirds home station
- Revive
- Alphabet beginning
- New Zealand reptile
- Dated
- Attic
- Indonesian capital
- Hebrew prophet
- Cobb and Pennington
- Hall of Fame coach Don
- X, to Cicero
- Looks with malice
- Actress Moore
- Brought in
- Caviar starter
- Mil. entitlement
- ___ Lanka
- Arabia denizen
- Dull roars
- Compass point
- To the rear
- Spring month
- European mount
- Movie genre ___-fi
- Male child
- School subj.
- South-central Austrian river
- NW state
- Formerly
- Banned pesticide



Services Page editor.....Poppy Arthurton
509th Services Squadron.....687-7929
*No federal endorsement of mentioned sponsors intended.

Visit www.whitemanservices.com for details of all upcoming events, photographs, facility information and the Services Connection magazine.

Sports & Recreation

Fitness Center
687-5493



4=ON=4
WALLYBALL TOURNAMENT
11 a.m. - 12:30 p.m. May 16-18
Fitness center
Sign up by May 12 by calling 687-5493
or stop by the front counter.

Outdoor Recreation and Information,
Tickets and Travel
687-5565

Crappie tournament

Stop by outdoor recreation for tournament rules and to register for the first crappie tournament of the season. The tournament takes place 7:15 a.m.-3:15 p.m. April 22 at Long Shoals Marina, Mo. The cost is \$25 per boat - one- or two-person teams. Sign up today to avoid \$5 late fee. Prize fund based on the number of entries, 1st-30 percent, 2nd-25 percent, 3rd-20 percent, big crappie-15 percent.

Fantastic caverns

Celebrate spring in Missouri by getting out and visiting Fantastic Caverns in Springfield, with outdoor recreation. The trip takes place 8:30 a.m.-6:30 p.m. April 29 and costs \$23 for adults or \$15 per child 14 years or younger. Fantastic Caverns is the only cave in Missouri you can be pulled through by Jeep-pulled tram. Bring sturdy shoes for the short hike to the spring after the tour and plan to buy lunch in Springfield or bring your own food along. Sign up by April 24.

Food & Fun

Royal Oaks
687-5573

Breakfast is back!

Set yourself up for a day on the course or just at work with the Royal Oaks breakfast. Breakfast burritos, Egg MacDuffins, or The Works - bacon, eggs, toast and hash browns are served 7-10 a.m. daily.

Free golf!

Purchase any adult entree at the Royal Oaks Steak House before April 30 and receive a free round of golf. The steak house is open 5-8 p.m. every Friday and Saturday. No reservation required.

Stars and Strikes
687-5114

Saturday night color pin

Color pin starts 7 p.m. every Saturday at the Stars and Strikes. \$15 to enter, jackpots and \$1-\$5 prizes, game prizes (9-pin no tap). Just come along and play for a great night of bowling.

Mission's End
687-4422

Prime rib buffet

Savor a club specialty, slow roasted prime rib with potato, rice, vegetables, salad bar, dessert and drink. Buffet takes place 5-8 p.m. tonight and the cost is \$12.95 for members and \$14.95 for nonmembers.

Easter brunch

Give the bunny a break and enjoy a relaxing brunch 11 a.m.-1 p.m. Sunday, at Mission's End. Bacon, sausage, pancakes, waffles, fruit and all your lunch favorites will be served as well as a white chocolate fountain! The cost is \$10.95 for adults, \$8.95 for children ages 6-16 and \$2 for children aged 5 or under. \$2 discount for club members.

Community Activities

Youth & Teen

Flea Market

April 29, 1-4 p.m.
at the
Community Center

FREE

Youth & Teens--time for spring cleaning!
Adults must accompany youth aged 16 or under.

Sell or trade...

Clothes * Toys * Books * Games
CDs * Movies

Clean out your closet and take home some cash. A table is provided for each trader.

Arts and Crafts Center
687-5691

Scrapbooking sale

20 percent discount off all scrapbooking materials throughout April.

Stained glass class

Create a beautiful stained glass panel in the open-enrollment, six-week, Thursday night classes at the arts and crafts center. The class meets 6-9 pm and costs \$45 plus supplies. Last chance to start before the fall is Thursday sign up by noon Wednesday.

Advanced jewelry class

Take your skills to the next level with a two-session advanced jewelry class. The class will be held 9 a.m. - noon Tuesday and April 25 at arts and crafts. \$35 plus supplies, sign up by noon Monday.

Community Center
687-5617

Wind wonders

Can the wind help you have fun? Children ages 5-10 years old are invited to find out, 2-3:30 p.m. Saturday at the community center. A fun afternoon of kites, pin-wheels and 'copters followed by a free family movie at 4 p.m. Wind wonders costs \$1 per participant.

Tell us how we're doing @ <https://ice.disa.mil>



**Interactive
Customer
Evaluation**

The 509th Services Squadron relies on you, our customers, to let us know what we're doing well and perhaps not so well. Please help us to exceed your expectations by providing us customer feedback via ICE or simply fill out a comment card at the facility you visit. We want to hear from you!

Teen Center
687-5819

Spring break bash

Free party in the park to celebrate the arrival of spring. For ages 9-18, the party takes place noon-4 p.m. today behind the privately owned vehicle lot. Volleyball, horseshoes, flag football, fishing and prizes. The teen center will be closed during this event.

Space camp

Apply by Saturday for the chance to join the 2006 Space Camp. The camp is open to ages 12-18 who are family members of active duty, Air Force retired military, Air Force civilian employees and active Air National Guard and Air Force Reserve members. The camp takes place July 31-August 4 at the U.S. Space and Rocket Center, Huntsville, Ala. Call or stop by the youth center offices in the community center for details.

Youth Center
687-5586

Bump City field trip

Join the youth center on a field trip for 6-12 year olds to Bump City, Blue Springs, Mo. The trip takes place 5-10 p.m. April 21 and costs \$10 for members and \$12 for nonmembers. Sign up opens Monday prior to the trip. The teen center will be closed during this event.

Pitch, hit and run competition

Major League Baseball conducts a grassroots search for 7- to 14-year-olds with the finest core baseball skills. Whiteman's competition takes place 10 a.m.-

noon April 22 at the youth baseball fields. Winners have the chance to progress to the sectional, team championship and national levels of competition. Free to enter, sign up by close of business today.

Family Child Care
687-1180

Extended Duty Care

Register now for the extended duty care program. It is available to help parents meet child care requirements for extra duty and emergencies. Care is provided in a contracted, licensed family child care home to augment regular care arrangements. An application must be completed prior to participation. Call for more details.

Child Development Center
687-5588

Parent's night out

The child development center is available to care for children ages 6 weeks- to 10-years-old 6:30-10:30 p.m. April 21. The cost is \$12. Reservations required by April 19. Call for details.

Library
687-5614

Story time

Story time for pre-schoolers takes place every Wednesday at 10 a.m. when 3-to 5-year-olds can listen to a story or take part in a craft activity at the library. There is also the library's dial-a-story program with a new story every week. Available 24 hours-a-day by calling 687-6255.

Earth Day 2006

Celebrate Earth Day 2006, 11 a.m.-noon, April 22 in the library's periodical room. Do you have a favorite environmental reading, poem or story - about nature, conservation, preservation, environmental problems or other environmental themes? If so, please bring it along to share with the other participants. Neil Bass, 509th Civil Engineer Squadron, will serve as the program's facilitator as well as bring other reading material for the program participants to discuss.

Veterinary Clinic
687-2667

Doggie diets

Your pet may be fat and happy, but he may also be in danger. Carrying around extra weight is as big a deal for your pet as it is for you, causing a multitude of health problems. In fact, experts say that up to 60 percent of all adult dogs are overweight or likely to get that way due to age or activity level. If you think your dog may be overweight or you have pet nutrition questions, check with the veterinary clinic who can give you advice on a proper diet and exercise program.

Movie Schedule

7 p.m. Friday

Running Scared R
Starring-Paul Walker and Wayne Brady

3 p.m. Saturday

Madea's Family Reunion PG
Starring-Tyler Perry and Blair Underwood

7 p.m. Saturday

16 Blocks PG-13
Starring-Bruce Willis and Dante 'Mos Def' Smith

Sunday - Theater closed for Easter

Adults: \$3.50 Children: \$1.75
Movie Recording Line: 687-5110
Movies subject to change due to availability.